

# NE Disaster Behavioral Health Newsletter

Issue: 8

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Welcome to another issue of the Nebraska Disaster Behavioral Health Newsletter. In this issue you will find updates on activities around the state and country. Please visit our website at: <http://disastermh.nebraska.edu/>



## Maintaining Responder Resilience through Disasters

A webcast training for responders on maintaining resilience is now available online from the Institute for Disaster Mental Health (IDMH) and the New York state Department of Health Office of Emergency Preparedness. The goal of the training is to give responders specific skills for improving their self-care habits. The training encourages establishing two types of self-care plans:

1. A Maintenance Plan for disaster response work. This means committing to consistent, or increased, use of established and effective self-care practices.
2. A Growth Goal for everyday life. This involves identifying an area you want to improve, where you will commit to establishing a new practice to bolster wellness and resilience. This goal will build your self-care strengths in advance, so positive practices are easier to call on in times of high stress.

The webcast can be viewed at: <http://tinyurl.com/DOH-Resilience>

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## Responder Resilience Resources

The Substance Abuse and Mental Health Services Administration (SAMHSA) has just released several resources relevant to responder stress and adjustment. These are:

### Preventing and Managing Stress

Provides tips to help disaster response workers prevent and manage stress. Includes strategies to help responders prepare for their assignment, use stress-reducing precautions during the assignment, and manage stress in the recovery phase of the assignment. Inventory#: [SMA14-4873](#)

### Adjusting to Life at Home

Offers tips and strategies families can use to help disaster response workers return home and adjust to daily life. Describes things to keep in mind while adjusting to the return of a loved one, signs of stress, and when to seek help. Inventory#: [SMA14-4872](#)

### Returning to Work

Offers tips to help disaster response workers transition back to routine work. Discusses stress management and how to overcome difficulties that may arise, such as fatigue, cynicism, dissatisfaction with routine work, and lack of control over emotions. Inventory#: [SMA14-4870](#)

### Helping Staff Manage Stress When Returning to Work

Offers tips supervisors can use to help ease the transition and manage stress for disaster response workers returning to work, recognize and reduce potential difficulties in the workplace, and enhance positive consequences for all staff. Inventory#: [SMA14-4871](#)

**Identifying Substance Misuse in the Responder Community**

Describes the warning signs of misuse of alcohol, prescription drugs, and other substances for disaster response workers. Reviews physical and emotional; social and behavioral; and mental indicators of possible substance abuse, and when to seek help. Inventory#: [SMA14-4874](#)

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**2014 Disaster Behavioral Health Conference Materials**

This year's Disaster Behavioral Health Conference was held in downtown, Omaha, and featured SSA Perry Woo, Dr. John Lehnhoff, Dr. Karla Vermeulen and Jim Harvey, LCSW. The conference focused on the psychological consequences of emergencies and disasters. Participants learned about the impact of exposure to traumatic situations for survivors, responders and communities. To access conference materials and presentations, visit the conference [website](#).

More information at <http://www.disastermh.nebraska.edu/>

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